



# Missouri WIC Approved Food List

May 3, 2004 – September 30, 2005

<b>Infant Formula</b> Brand printed on WIC check (Type and size printed on WIC check)	<b>Milk:</b> Any Brand, Fluid Milk, Vitamin A & D fortified (Gallon, Plastic containers)	<b>Powdered Milk</b> [3 or 8 quart Box]	<b>Dried Beans and Peas:</b> Store brand/generic only, including mixed dried beans and peas. [1 lb bag] No Additives, No Flavors.	<b>Cheese:</b> Store brand/generic only, American, Brick, Cheddar, Colby, Colby-Jack, Monterey Jack, Muenster, Mozzarella, Provolone, Swiss, and a blend of these cheeses. Block cheese only; No sliced cheese, except for store brand/generic American; Natural, Domestic [Standard or random weight up to the amount on the WIC check]																				
<b>Infant Juice</b> Brand printed on WIC check, 100% Juice [32 oz bottle]	<b>Cultured Buttermilk</b> [Quart size]	<b>Specialty Milk:</b> Type and size of specialty milk will be handwritten on the WIC check. No substitutions.	<b>Carrots:</b> Any Brand [1 or 2 lb package] Fresh including Baby or Frozen, No Flavors.	<b>Not allowed:</b> Cheese additives, Deli cheese, Cheese food, Cheese spread, Cheese product, Shredded cheese, String cheese or Cholesterol-reduced cheese. No individually wrapped slices. No sliced except store brand/generic American cheese.																				
<b>Infant Cereal</b> [8 or 16 oz] Brand printed on WIC check, Plain Dry	<b>Evaporated Milk</b> [12 or 13 oz can]	<b>Peanut Butter</b> [18 oz Jar] Store brand/generic only, Smooth, Creamy, Regular, No crunchy, No low fat, No Low Salt, No Low Sodium	<b>Eggs</b> [Dozen package] Medium, White, Grade A or AA, No low cholesterol, No organic, No specialty eggs. No brown eggs.																					
<u>Frozen Concentrate Juices</u> [11.5 or 12 oz]		<u>Non-Frozen Concentrate Shelf-Stable</u> (11.5 oz)	<u>Ready to Serve Juice</u> [46 oz Can]	<u>Ready to Serve Juice</u> [46 oz Plastic Bottle]																				
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			<div>Missouri Department of Health and Senior Services Division of Community Health WIC and Nutrition Services P.O. Box 570 Jefferson City, MO 65102-570 573-751-6204 <a href="http://www.dhss.state.mo.us">http://www.dhss.state.mo.us</a> Equal Opportunity/Affirmative Action Employer</div>																					

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## HOT CEREALS

### Little Crow Foods

CoCo Wheats

### Cub Foods

Instant Oatmeal

### Great Value

Hot Wheat Cereal

Instant Oatmeal Regular Flavor

### Hy Top

Instant Oatmeal Regular Flavor

### Hy Vee

Instant Oatmeal Regular Flavor

### Malt-O-Meal

Instant Oatmeal Big Bowl

### Nabisco

Cream of Wheat (Original)

### Our Family

Instant Oatmeal Regular Flavor

### Schnucks

Instant Oatmeal Regular Flavor

### ShurFine

Instant Oatmeal Regular Flavor

## COLD CEREALS

### Always Save/Best Choice

40% Bran Flakes

Corn Crisps

Corn Flakes

Crisp Rice

Tasteeos/Happy "O"

Wheat Flakes

### Archer Farms (Target)

Corn Flakes

Whole Grain Toasted Oats

Crispy Rice

### Better Value

40% Bran Flakes

Corn Flakes

Crisp Rice

Toasted Oats

### Best Choice

Corn Crisps

Wheat Crisp

Solar Rollers/Crispy Corn

Puffs

Crispy Corn & Rice

Enriched Bran Flakes

Nutty Nuggets

Rice Crisps

Sweet Crispy Combo Almond

& Honey

Sweet Crispy Combo Oats &

Honey

### Best Yet

Bran Flakes

Corn Flakes

Crispy Corn Puffs

Crispy Corn & Rice

Crisp Rice

Crunchy Corn

Crunchy Rice

Crunchy Wheat

Nutty Nuggets

Toasted Oats

Multi Grain Honey Oats &

Flakes w/ Almonds

Multi Grain Honey Oats and

Flakes

### Bi-Rite

Toasted Oats

Crisp Rice

### Cub Foods

Corn Flakes

Crispy Rice

Rice Puffs

Wheat Puffs

Hearty Start Natural Grain

### Dierbergs

Toasted Oats

Crispy Rice

### Exceptional Value

Corn Flakes

Crisp Rice

Toasted Oats

### Flavorite

Corn Biscuits

Rice Biscuits

Crispy Hexagons

Crisp Rice

Nutty Nuggets

Puffed Rice

Puffed Wheat

Toasted Oats

Corn Flakes Oven

Toasted

Enriched Bran Flakes

Oats and More w/Honey

Oats and More

w/Almonds

### Food Club

Wheat 'n Crunchy

Wheat Barley

### General Mills

Cheerios

Country Corn Flakes

Wheat Chex

Rice Chex

Corn Chex

Kix

Wheaties

### Great Value (Wal-Mart)

Corn Flakes

Enriched Bran Flakes

Silly Corn (Puff Corn)

Natures Grains

Crisp Rice

Crunchy Nuggets

Multi-Grain Flakes

Toasted Corn

Toasted Oats

Toasted Rice

Toasted Wheat

### Hospitality

40% Bran Flakes

Crisp Rice

Corn Flakes

Corn Puffs

Whole Wheat Flakes

Toasted Oats

### Hy Top

Bran Flakes

Corn Flakes

Corn Puffs

Crisp Rice

Krunchy Nutties

Multi-grain Flakes

Toasted Oats

### Hy-Vee

Corn Flakes

Crispy Rice

Crispy Corn Puffs

Crispy Hexagons

Enriched Bran Flakes

Nutty Nuggets

Toasted Corn

Toasted Rice

Toasted Oats

Honey Oats & Flakes w/

Almonds

Honey Oats & Flakes

### IGA

40% Bran Flakes

Bran Flakes

Corn Flakes

Crispy Rice

Crispy Corn Puffs

Crispy Corn & Rice

Nutty Nuggets

Rice Puffs

Wheat Flakes

Wheat Puffs

Enriched Bran Flakes

Toasted Oats/Tasteeos

Corn Flakes Oven Toasted

Square Shaped Corn Toasted

Square Shaped Rice Toasted

Square Shaped Wheat Toasted

Honey Oats & Flakes w/

Almond

High Fiber Bran Flakes

### Jasper

Corn Crisps

Crisp Rice

Corn Flakes

Toasted Oats

Wheat Flakes

Whole Bran Flakes

### Kellogg's

Corn Flakes

Crispix

Complete Wheat Bran

Flakes

### Kroger

Bran Flakes

Corn Bitz

Corn Flakes

Crispy Rice

Honey Crisp Medley

Nutty Nuggets

Rice Bitz

Toasted Oats

### Malt-O-Meal

Crispy Rice

Puffed Rice Fat Free

Puffed Wheat

Toasty O's

### Mornin' Gems

Corn Flakes

Crispy Rice

### Our Family

Krunch Nutties

High Fiber Bran Flakes

### Parade

Bran Flakes

Corn Flakes

Krunch Nutties

Toasted Oats

Crisp Rice

### Piggly Wiggly

Corn Flakes

Toasted Oats

### Post

Grape Nuts

Grape Nut Flakes

Premium Bran Flakes

Honey Bunches of

Oats w/ almonds

### Price Saver

40% Bran Flakes

Corn Crisp

Corn Flakes

Crisp Rice

Enriched Bran Flakes

Nutty Nuggets

Toasted Oats

### Quaker

Oat Bran

Toasted Oatmeal

Squares

### Quick Start

Corn Biscuits

Rice Biscuits

### Ralston

Corn Biscuits

Corn Flakes

Crispy Corn Puffs

Crispy Hexagons

Crispy Rice

Nutty Nuggets

Rice Biscuits

Tasteeos

Enriched Bran Flakes

### Roundy's

Corn Crisp

Wheat Flakes

Whole Wheat Flakes

### Save-a-Lot

Toasted Rollin' Oats

### Save-It

Toasted Oats

### Saver's Choice

Corn Flakes

Crisp Rice

Enriched Bran Flakes

Toasted Oats

### Schnucks

Corn Flakes

Crispy Rice

Oats & More w/ Honey

& Almonds

Square Shaped Crispy

Rice

Square Shaped Crispy

Corn

Whole Grain Toasted

Oats

Wheat 'n Crunchy

Enriched Bran Flakes

### Shop 'n Save

Bran Flakes

Oats & More w/Honey

Oats & More

w/Almonds

Corn Flakes

Toasted Oats

Square Shaped Corn

Square Shaped Rice

### Shur-Fine

Bran Flakes

Crispy Corn Puffs

Crunchy Corn

Crunchy Rice

Nutty Nuggets

Rice Biscuits

Toasted Oats

Crunchy Corn & Rice

Enriched Bran

Flakes

Honey Oats-Flakes

w/Almonds

Crispy Rice

Corn Flakes

### Shur Valu

Toasted Oats

### Super Choice

Corn Flakes

### Valu Time

Toasted Oats

Corn Flakes